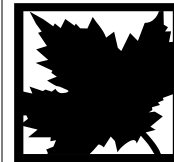


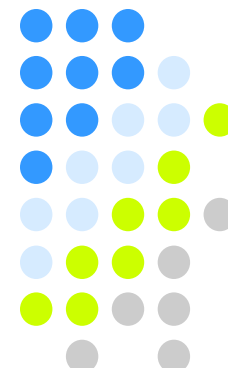
Ottawa Teen Guide



Group Activities

There's lots to see and do around Ottawa, ranging from visiting museums to zip lining in the Gatineau.

In the 'Camp Fortune Aerial Experience', you walk across wires and bridges, high above the forest floor, from tree to tree. This exciting activity concludes in a series of zip lines where you can admire the forest beneath you. The price for ages 5-17 is \$29.



If heights are not your thing, there are plenty of other activities, such as laser tag, bowling and mini golf. There are a variety of mini golf courses in Ottawa. 'Putting Edge' is glow-in-the-dark mini golf, with prices starting at \$8.40 per person. If you would prefer to play in the daylight, 'The Game PMG' is an outdoor course, with the cost of \$8.50 for an adult.



Some other bowling alleys are 'Merivale Bowling', 'Wakley Bowling (5 pin)', and 'McArthur Lanes'.

'Laser Quest' in Ottawa is a good place to play laser tag. The price per person is \$8.00, and they also host birthday parties.

INSIDE

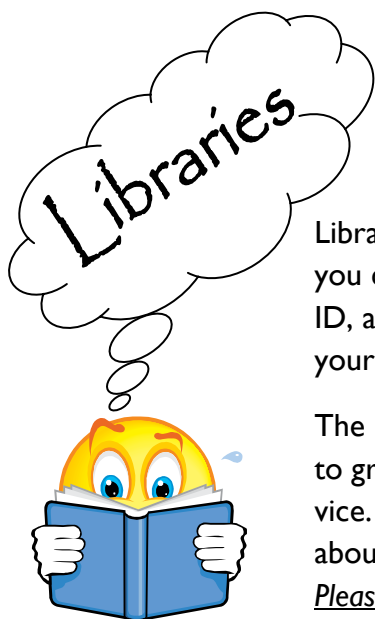
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Ottawa has the largest bilingual English-French library system in North America. There are 33 branches, providing a whole range of materials to borrow. You can check out books, magazines, CDs, audio books and computer games. You can also use the library computers when you get a library card.

Library cards are free for people living in Ottawa. To get one, you can register at any library branch. You need to bring photo ID, and proof of address, which can be a letter written to you at your Ottawa address.

The library can also be a great place to do community service; to graduate in Ontario you need 40 hours of community service. If you are over 14, you can speak with your local librarian about volunteering.

Please read the Ottawa Public Library Handout.





Sports

Hiking and Snowshoeing

A short drive across the river from Ottawa is the beautiful Gatineau park. It is 361 km², and within the forest is 175 km of great hiking trails.

In the winter, snowshoeing is an easier way to get around in the park, when the snow is deep on the trails. There are over 50 km of snow-shoe trails.

Along the trails in the park are huts, where you can start a fire, warm up and rest.

For the more adventurous, a night hike in the Gatineau (in winter or summer) is a great adventure.

Swimming

There are plenty of indoor and outdoor pools in Ottawa. The cost to go swimming in an indoor pool, is \$1.65.

Indoor Pool Locations

Brewer, Canterbury, Champagne, Deborah Anne Kirwan, Dovercourt, Jack Purcell, Lowertown, Orleans Rec Complex, Pinecrest, Plant, Sawmill Creek, St-Laurent.

Outdoor pool Locations

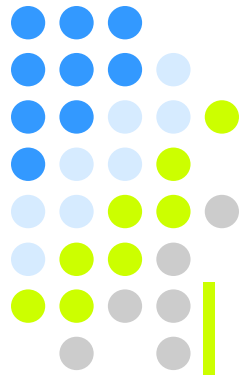
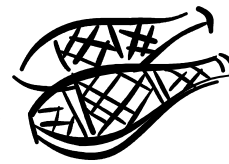
Bearbrook, Beaverbrook, Corkstown, Crestview, Entrance, Genest, General Burns, Glen Cairn, Katimavik. There are also two wave pools located in Ottawa. They are Splash Wave Pool and Kanata Leisure Centre and Wave Pool. They cost a bit more, but can be even more fun.

Rock Climbing

Another adventurous activity is rock-climbing. At the Coyote Rock Gym, there is over 15,000 square feet of climbing wall as well as four bouldering areas. All new climbers under the age of 18 must have their parent sign a waiver before they can climb. There are free introductory lessons available for all new climbers to the gym. In this lesson, climbers age 14 or older learn how to manage the safety ropes (called belaying), how to fit a harness, and how to tie the rope to it.

You can not belay if you are younger than 14.

In the bouldering area, belayers are not necessary as you can not climb higher than 12 feet.



HINT 1

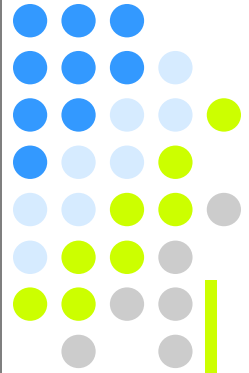
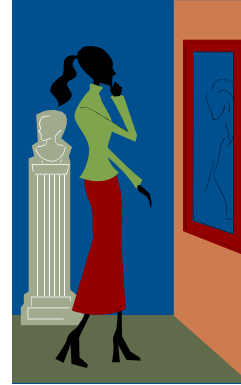
The price of tickets for the Ontario Hockey Team, the 'Ottawa 67's', are reasonably priced.

- Adults - \$15
- Students & Seniors - \$14
- Children 12 & under - \$11

If you like baseball, then the tickets for 'Ottawa Rapidz' games are also a good deal!

Museums

A list and prices



HINT 2

There is a cool IMAX theatre at the Civilization museum... and the prices aren't too bad.

- Adults \$10
- Students \$8
- Under 12 \$7

Canadian Museum of Nature- This natural history museum is currently under going renovations, and will be until 2010. However, until then, many exhibits remain open. From dinosaurs and prehistoric life to the birds and mammals of today this is a journey through life on our planet. Adults \$5. Admission is free on Saturday mornings.

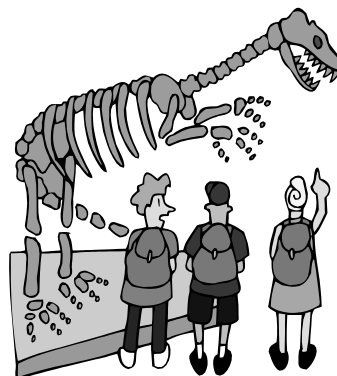
Diefenbaker Canada's Cold War Museum- Located in an underground facility, and built during the Cold War, the bunker was designed to protect items of importance in case of a nuclear attack. Now it is a museum. Children (6-17) \$6.

The Canadian War Museum- This museum focuses on wars fought on Canadian soil, and wars where Canadian forces fought. Adult (13+) \$10. Admission is free on Thursdays between 4 and 9 PM

The National Art Gallery- The Gallery is in downtown Ottawa, near the Embassy. It is easily recognizable by the giant spider in front of the glass building. Admission is \$4 for youths (12-19). There is an additional charge for special exhibits. Admission is free Thursdays after 5 pm

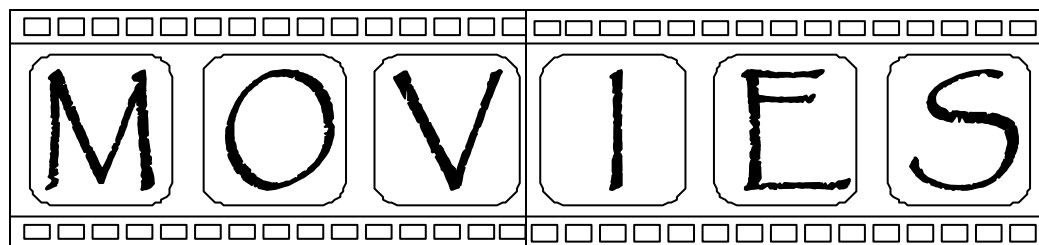
Canadian Science and Technology Museum- There are many different exhibits in this museum, including a hall filled with old locomotives as well as an exhibit focusing on Canadian inventors and their creations. In this museum you also learn about communications, and Canadians in Space. Tickets for children (4-14) are \$4 and Adults are \$7.50.

Canadian Museum of Civilization- This museum is full of Canada's rich history. Starting with the Native Peoples of Canada, and continuing through the next 1000 years. There is also a Children's museum, and the Canadian Postal museum inside the same building. Admission to those is included in normal ticket prices. Tickets are \$8 for teens. Admission to the museum is free every Thursday from 4-9.





There are two really good chain coffee shops that you can find all over Ottawa; 'Second Cup' and 'Bridgehead'. There are also many 'Tim Horton's' and 'Starbucks'. There are also many amazing private-owned cafés that are a pleasure to stumble upon. These are great places to come in either the winter or summer, as they have a variety of products including smoothies and iced drinks to hot chocolate and cider.



Silver City - Adult (14+) tickets are \$9.25. This multiplex theater has a large selection of first run movies.

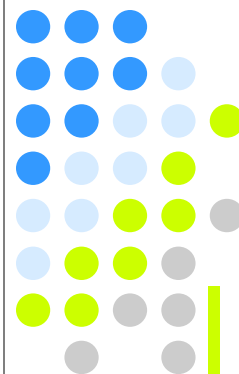
Rainbow Cinema— Located in the St. Laurent Mall this theater plays second run movies for a reduced price .

If you don't mind waiting, this can be a great deal, as tickets here only cost \$3 for a matinee (\$4.20 in the evening and \$2 all day Tuesdays) .

Bytown Cinema— Located in downtown Ottawa, playing independent and foreign films.\$6 for children and youth (17 and under with ID)

Empire Cinema— This theatre is located in the Rideau center, making it easy to spend a day shopping and at the cinema. Adult (14+) tickets are \$9.99.

Ottawa Family Cinema— This theatre is an all- family theatre with great deals for the whole family. Reg. price \$7.00, and Children (12-) \$6.00.



HINT 3

If you're the sort of person who enjoys sitting down and reading a book with your coffee, many 'Chapters' bookstores have Starbucks attached.



Malls →

← Food Court
American Eagle →
← Sears

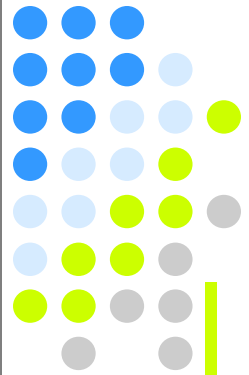
Rideau Centre— This large enclosed shopping complex is centrally located in downtown Ottawa. Visitors will find a range of shops, services and eateries including The Bay, Sears, Shoppers Drug Mart, Banana Republic, Aerosoles, Mexx, Old Navy, Roots and much more. The mall includes over 180 stores in total.

St. Laurent Centre— 195 shops and services fill the St. Laurent Shopping Centre. Shoppers can get their fill from 9:30am to 9pm Mondays through Saturdays and 11am to 5pm on Sundays.

Bayshore Shopping Centre— Located in the western portion of Ottawa, the Bayshore Shopping Centre includes a number of stores and services including anchor department stores The Bay, Winners and Zellers. Visitors will also find fashions for men, women and children, shoes, music and more in the mall's many shops.

Carlingwood Mall— Carlingwood Mall in the west section of Ottawa features 120 stores as well as three banks and a number of fast food options in the food courts. Sears in the main anchor department store and visitors will also find music, shoe, clothing and accessories shops.

Place d'Orleans— This large shopping complex is home to a large selection of stores. HMV, Gap, La Senza, and The Bay are only a sampling of the shops at Place D'Orleans. If the kids are getting restless drop them off at the Mini Port or the YM/ YWCA on site for a few hours of kid-free shopping.



HINT 4

BYWARD MARKET— Just east of Parliament Hill off Sussex Drive, this Market has been a centre of commerce for Ottawa since the 19th century. Originally named Bytown, this major tourist attraction grew from a farmer's market, to become the home to 350 unique boutiques, cafes and services. Everything from fresh fruit, fish, vegetables, maple syrup and flowers are still available. A must see when staying in Ottawa!!

Parks And Places to Visit

Major Parks in Ottawa:

- Andrew Haydon Park
- Brewer Park
- Britannia Park
- Confederation Park
- Dow's Lake
- Lansdowne Park
- Macdonald Gardens
- Major's Hill Park
- Mooney's Bay Park
- Nepean Creek Park
- Rockcliffe Park
- Strathcona Park
- Vincent Massey Park



Parks in Ottawa are really great for relaxing, taking your dog or going for a run. There are more than 850 parks in the area, so you should have no trouble finding one near you. Many parks also have bike paths in them, which are in excellent condition.



Parliament Hill

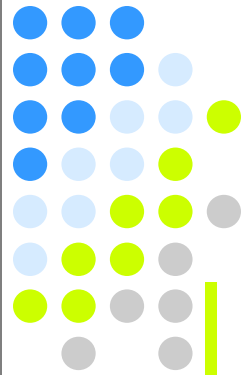
Canada's government sits high up on a hill overlooking the scenic Ottawa River on one side and the city on the other. There are a variety of things to see and do on the hill, from touring the grounds and the buildings, to the summer changing of the guard and the light show.

Governor's General

Rideau Hall is the residence of Governor General, the Queen's representative in Canada. The magnificent building sits in the middle of large grounds. In the winter, there is skating rink at the Hall.

Mint

At the Royal Mint in Ottawa, you can see the production of specialty coins. Although most coins that we use are made in Winnipeg the mint in Ottawa is still worth a visit.

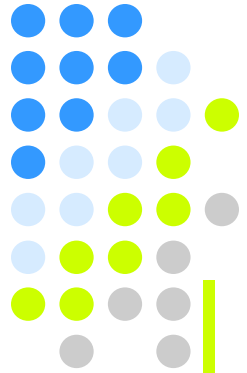
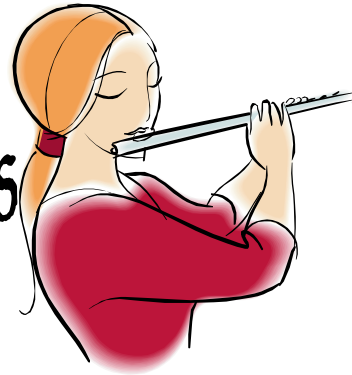


HINT 5

Biking in Ottawa

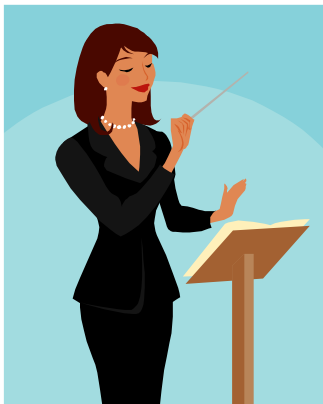
Ottawa is a great city to bike around, thanks to the 170 km of bike paths in the city. Many of these are along the canal or river, offering scenic views. Some roads have a specific lane for cyclists. It is important when on these path to keep right, and be aware of others. Cyclists and in-line skaters must yield to pedestrians.

Music Lessons and Groups



HINT 6

Each school has their own system of bands and lessons, but sometimes your school might not offer private lessons. In that case, there are many private companies that offer lessons, such as;



- Tutti Muzik
- Suzuki Music
- Ottawa U offers lessons
- Artista Music
- Lauzon Music
- Domenic's Academy of Music



There are also lots of bands that you can look into joining, not just school bands. There is a big program called Music Fest which your school may compete in.

Dance

There is a School of Dance on Crichton Street in New Edinburgh that offers dance lessons and programs to a variety of ages. Specifically, it offers professional training in classical ballet, modern and contemporary dance and teacher training.



Meeting Teens from other schools can often be difficult—that's why Teen Nights are so fun! The CLO often organizes activities just for teens, such as bowling or laser tag. The more you come out to these events, the more people you'll meet.



WINTER



Skiing /Snowboarding

Camp Fortune. Only 15 minutes away from downtown Ottawa. Ski lift price \$21– 36.

Mount Tremblant. With 94 runs for downhill skiers, as well as 56 miles of well groomed trails for cross country skiers, there is something for every level here. Ski lift prices from \$38 to \$65.

Mont Cascade. This ski resort has 19 runs, 12 of which are lit for skiing at night. Ski lift tickets prices from \$26 to \$30.

Skating

At the Governors General, the skating rink has low walls, and warm hut where you can put on your skates. It is open to the general public only on weekends, and groups can book it during the week.

In the winter the Rideau Canal is turned into a 7.8 km long skating rink. It has various stalls along its length, selling hot drinks and treats such as poutine (French Fries with gravy and cheese) and Beavertails (Fried Dough covered with cinnamon sugar, or other toppings)

Sledding

In Ottawa, sledding is also called tobogganing. There are a number of great hills in Ottawa, and sleds can be picked up at your local Canadian tire or other sporting goods store.

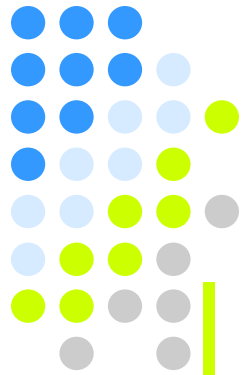
Greens Creek. A great long hill that is lit at night. (Green's Creek Conservation Area, off Bearbrook Road, between St Joseph Blvd and Innes Road)

Snowshoeing

Hiking can be hard with several feet of snow on the ground. With snow shoes, this is made easy. Snowshoeing can be done anywhere with enough snow to stop your metal grips from scraping against the ground. Some good trails are along the river near the Aviation Museum or in the Gatineau.

Cross Country Skiing

The National Capital Greenbelt has over 100km of trails where you can cross country ski in the winter. You can also go cross country skiing in Gatineau Park.



HINT 7

Winter lasts a long time in Ottawa. Instead of sitting around the house doing nothing, the best way to enjoy winter is to get outside!

The snow and ice provide numerous opportunities in and around Ottawa for winter sports.